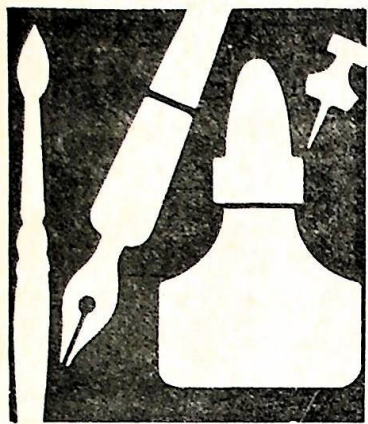






## Editor's Comment



by Rosemary Grimm

To all potential Courier staff members (which means just about every reader):

I have heard that there are writers, reporters and layout designers waiting to join the Courier staff, but they just don't know how to go about making the "big step."

In this week's column I hope to explain how to join the staff and what we do.

The publication lab is located in Room 303 CBH; everything happens here. The staff meets there on Tuesdays and pastes-up the paper there on Thursdays.

Our typesetting equipment, grids, rulers and X-acto knives are all stored in this room.

The room is equipped with 11 light tables and eight typewriters for the staff's use.

Tuesdays and Thursdays are the two days in the week when the staff gets together. Following is a run-down of these two important days in the life of a Courier staff member:

**Tuesdays, 11:40 a.m.:** Our Courier staff meetings:

During this meeting, we first discuss the previous week's paper.

Mike Acton, Courier advisor, praises or punishes us at this time. The staff decides improvements to be made in the paper or brings up any complaints they have heard from other people.

Secondly, I assign articles to people who have expressed an interest in reporting/writing. The completed articles are two-three double spaced typed pages due the next Tuesday.

I adjust assignments to meet the writers' skill and style. If a writer has a specific interest, he or she is welcome to submit an article on that area.

Thirdly, we decide who will typeset for the week's issue. Typesetting is easy. Do you know how to type on a typewriter? Yes! Then for you a typesetting machine shouldn't be that hard to adjust to.

Typesetting times are Tuesday and Wednesday afternoons and evenings.

Finally, I collect articles assigned the previous Tuesday.

**Thursdays, 2 p.m.-completion;**

**Production day:**  
By Thursday, all the copy is typeset and ready to be pasted up on the grids so it can go to the printer.

In typesetting, however, mistakes can be made, and we can always use proofreaders. Proofreading is simply reading the typeset copy slowly to check for errors in grammar and/or spelling.

The next step in the production of the newspaper is a bit difficult, but something that everyone on the staff was new at during one point or another.

We must decide what articles will appear on what page and where on that page they will appear. (Did you

get all that?)

Once the general appearance of the page is decided upon, the copy must be carefully cut to fit those spaces. Photographs are now selected and placed with their article.

Captions are placed under each photo and headlines are put with articles; and the newspaper is finished for the week.

Actually that is a brief summary of Thursdays because things don't always go as easily as I made them seem in this article. You do get the general idea, however.

Many people worry because they do not have the experience. If you are willing to learn, what is the problem? Most of the things we do are modifications of what you already know (such as with typesetting or proofreading).

If you have done this type of thing before in high school or at a job, it won't be difficult to adjust your skills to help with the Courier.

Time also is a big factor in all of this. Again, don't worry about it. I assign one article a week which will require an effort on your part, but definitely not cut into your social life or study life too much.

On Thursdays I do not expect anyone to stay the entire time. Two hours will greatly help the staff. If you give more, we'll throw in your own light table!

Our next meeting will be tomorrow, Oct. 22. I encourage you to stop by and check us out. Don't feel you must commit yourself totally just after one meeting. You don't.

If you are unable to make the meeting, please talk to me at another time. My extension is 743.

Joining the Courier, then, is not such a "big step" after all.

## Think positively, you will survive



### Humorize

by Mary and Elle

It's official. We can honestly say we've survived another half of a half of a year of school at Clarke. Midterms are over and it's time to begin taking school a little more seriously.

Remember last year when the "all nighter" meant spending the night with a couple of pots of coffee and your typewriter?

Just think how good it would feel to get those five pounds of ink splattered on ten pounds of paper in a logical sequence...and early, too? Holy cow, can you imagine that?

Remember last year when you didn't worry about the less-than-passing grades, figuring you were still "getting a feel" for the professor's exams? Well, let us tell you grades don't generally just magically rise because midterm's over. It's time to get your rear in gear and study.

There's several reasons why it would be brilliant to get caught up on your work now. For instance, there will be plenty of time to sit back, relax and enjoy your Thanksgiving break (you'll certainly have something to be thankful for!)

It will also mean you'll have time to go Christmas shopping.

You should think positively. You've already survived half of a half of a year at Clarke. If you've made it this far, chances are you'll survive the next nine weeks.

## Letter to the editor

Dear Editor:

The information contained in the lead story on Clarke's Title III grant (Oct. 14) was obtained and given hastily, and thus, has been presented in a slightly misleading manner. Clarification is necessary from this office.

First, the Title III Special Needs grant applied for in April 1982 was a four-year grant. Although the amounts of money applied for and awarded are done so each year, the grant is the same one. (Clarke had an SDIP Title III grant in 1981-82, but these are the only two Clarke has received.)

The special objectives as originally envisioned in 1982 continue each

year, with the programs designed as one-, two-, three-, or four-year programs. While the management information system development and the acquisition of administrative equipment has been very important to the college, one activity which was not mentioned in the story has had a significant and lasting impact on the college.

I refer to the amounts of grant money funneled into career-related programs: Business, Communication, Computer Science, and Nursing. All of these academic programs have benefited from the hiring of faculty, the bringing of consultants, and the professional development of faculty.

Acquisition of massive amounts of audiovisual, computer, and other equipment for faculty and students use, and educational materials and supplies such as books, journals, videotapes, and catalogues have given all these programs further depth in content and provided wider possibilities of educational enrichment for students at Clarke.

While the administration has benefited greatly from two of the Title III activities during the course of this grant, I would like to emphasize that three of the activities were directly concerned with academic programs and services to students, and that this grant has affected the entire Clarke community. Amounting as it has to almost a million dollars, its importance to Clarke should not be minimized.

Jeanne Pitz  
Title III Coordinator

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**Cartoonist:** Dave Sear

**Production:** Lorna Japsen  
**Photographers:** Mark DeCrane, Mark Schechinger  
**Adviser:** Mike Acton

## Commando is 'chock-full of problems'



by Mic and Field

Here we are once again in our space, the frugal frontier. This week on the frontier, we meet up with Arnold Schwarzenegger as "Commando" in the movie bearing the same name.

The plot follows thus: John Matrix, former colonel of the special force unit, B.F.D., seeks to foil a group of terrorists and rescue his kidnapped daughter.

"Commando" is brought to you by 20th Century Fox. From a screenplay by Steven de Souza, this movie is directed by Mark L. Lesler. "Commando" is rated R due to violent actions incited by all. Now for our opinions:

**Mic:**

Although I enjoyed the movie "Commando," I would not classify it as a "good" movie in any sense of the word. Occasionally the script is visited by tasteful elements, but these visits are few and far between and therefore fall short of any worthy merit.

"Commando" follows in the long line of ever popular underdog tales of revenge and heroism. Did I say underdog? Schwarzenegger is anything but an underdog, and Matrix, the character he portrays, is nothing less than a dozen green berets with a cause. And yes, "Commando" is violent. No getting around the point.

"Commando" is as graphic as the next in its line, with an addition of twists to the fight. This movie has everything from machetes to radial arm saw blades, used in the most

creative ways. Please leave the kids, younger brothers and sisters at home for this one.

Acting? No. Schwarzenegger is as credible as always. Any chance of sincere emotion within a scene is smothered by overkill. A good example of this is the opening scene which is designed to exemplify all the love that Matrix and his daughter have for one another. The director tends to beat the audience in the head rather than gently suggest their relationship.

The one redeeming quality that made the movie enjoyable for me was its witty humor. Although it too was overdone, it gave a sense of satire to the film. I found myself laughing throughout.

When it comes right down to it, "Commando" might be worth a ticket to the Grand. When I stopped laughing, it gave me a sad outlook on the American movie industry and our violence ethic.

**Field:**

In my opinion, it is important to have some knowledge of a filmmaker's intent before you see a movie. You don't go to see "Terms of Endearment" for example, expect-

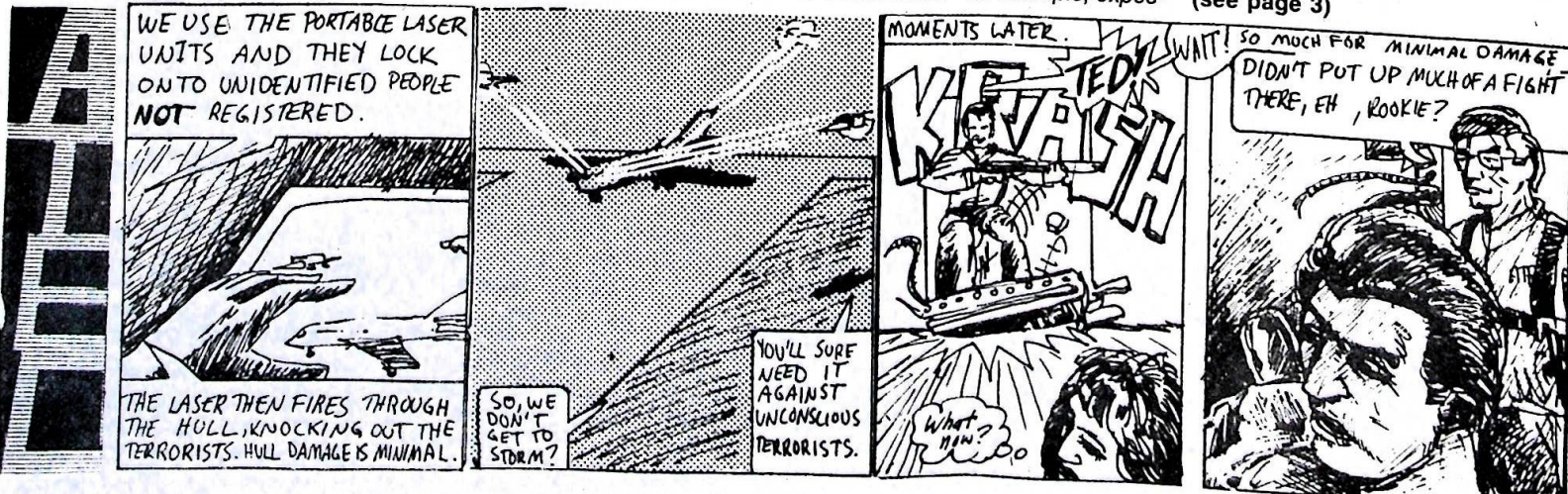
ing to roll in the aisle every five minutes. The creators of "Commando" obviously intended this to be a violent adventure film. Well, one out of three isn't bad; violent, yes -- adventure and film? I'm not so convinced.

This movie was chock full of problems even when you do acknowledge its superficial intent. The plot was so simple and childish that it was ridiculous. The story line seemed more suited to an hour-long segment of the "A Team." Even its contemporary, the infamous "Rambo," had twice as many plot intricacies.

As for the acting, what can I say but Arnold Schwarzenegger. He delivered nearly every line with the same dead pan lack of emotion he has become famous for.

He makes a great machine, as he proved in "The Terminator." As for a warm, feeling and compassionate father saving his only child, I think he has a long way to go. Fortunately, he was supported by an equally mediocre cast so the atrocious of his performance didn't stand out that much.

(see page 3)





October 21, 1985

# Homecoming weekend a success



The theme of this year's Clarke-Loras Homecoming was "The Main Event." Seniors Renee Soto and Anne Skoglund chaired the event.

The weekend was kicked off by a carnival dinner in the dining room on Thursday, Oct. 17 (top, left). Larry James, (left) head of Clarke's food service clowns around with Anne Lee, Phil Manning, Katie Jacobson, Michelle Boudreau and Patty Roth.

The Clarke-Loras parade took place downtown on Friday, Oct. 11. The Homecoming Court rode in one of Dubuque's trolley cars.

Seniors Tim Heller and Barbara Cartwright (bottom left) were nominated king and queen.

Other members of the court included Monica Lyons and Paul Ludick, representing the seniors; Penny Rogers and Dave Kriegshauser representing the juniors; Brenda Ries and Dave Scharf representing the sophomores; and Kelly Hoyer and John Ward representing the freshmen.

Clarke entered five floats in this year's parade. The senior float (bottom right) was built on the theme "Our Main Event-Graduation."

Judy Heying (left), Renee Soto, Julie Heying and Renee Herber

preceded the Heyings' car, which was decked out in a black mortarboard and crepe paper.

The nurses' float won the parade contest. They had a huge syringe pointing at a football player's rear as he hung over a goal post. Their slogan was "Nurses call the shots."

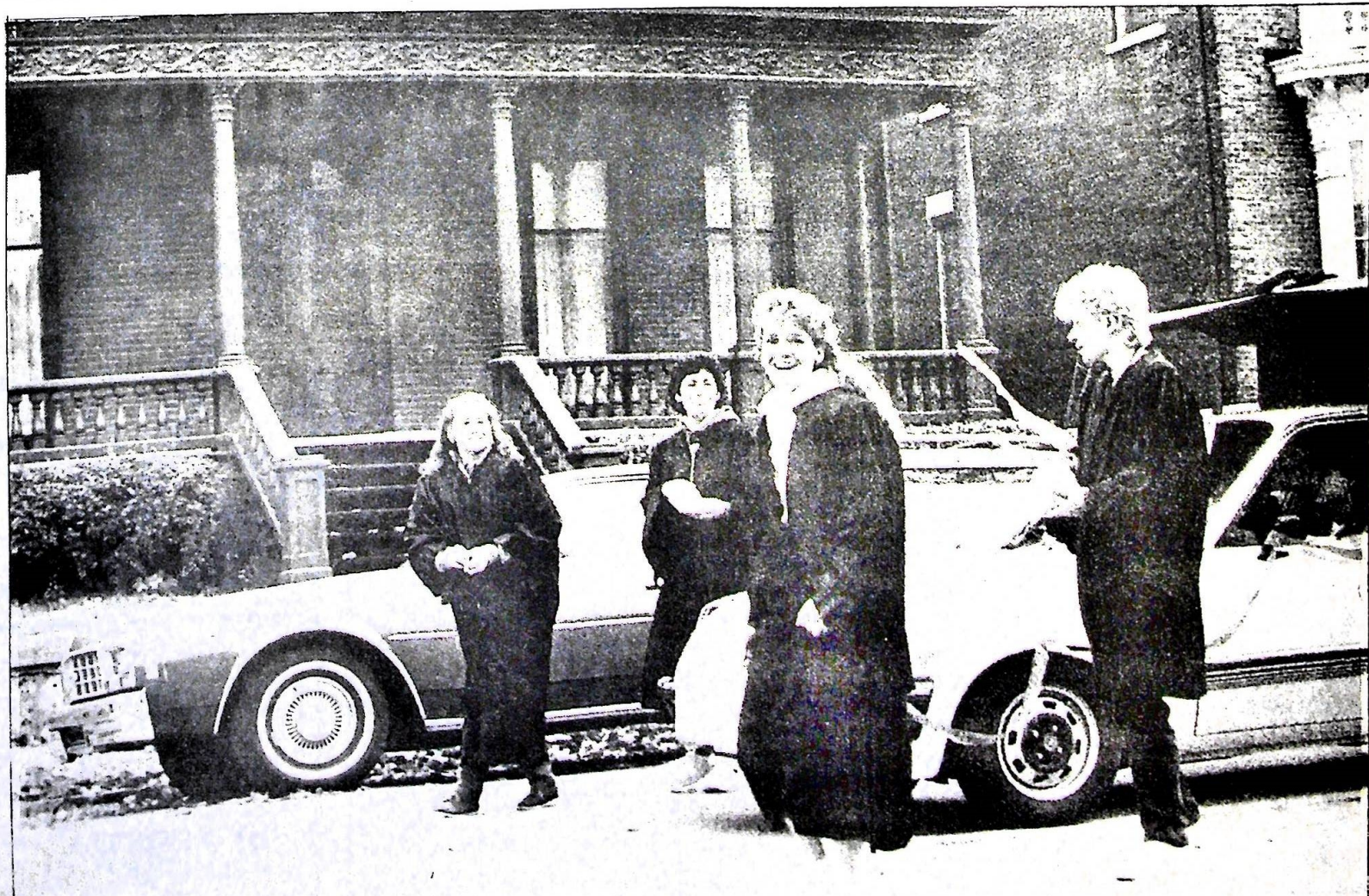
S. Marguerite Neumann, Clarke's grand marshal, rode in a red convertible.

On Saturday morning, Joan Schneider Kershner (bottom) was named recipient of the Clarke Distinguished Alumnae Award at the alumni luncheon by S. Catherine Dunn.

Kershner, a 1945 graduate, is director of the Columbia Veterans Hospital. She was chosen for the award by a popular vote of Clarke's 5,600 alumnae.

On Saturday afternoon, the Clarke soccer team played Loras at Loras' Rockball. The final score was Loras over Clarke, 1-0.

The Homecoming dance was Saturday night at the Five Flags Civic Center and the Julien Inn. The Paul Hemmer Combo and Scorpio Productions played at Five Flags. A live rock band played at the Julien.



...Feels  
for  
Reels

Perhaps the part that bothered me the most was the overwhelming amount of violence. Now, I like a little well placed blood and guts as much as the next person. The violence in "Commando," however, was too repetitive. After a while it felt like I was seeing the same person being killed in the same way time after time. The violence didn't move the plot along or add any excitement toward the end.

If this film had a strong point, it would be in its humor. I sat back and really laughed at the melodrama of some of the lines. I also laughed at the well placed intended humor. Parts of "Commando" were truly funny, but you can only laugh so long when people are being blown away left and right.

Overall, I would rate "Commando" a sure miss. I would maybe pay 99 cents if I went with a bunch of friends to laugh at it. This is not a winner.

This brings to a close our first complete triad of cinematic critiques. Remember our space should in no way be a final judgement for viewing. However, vision requires sight.

Until next time, keep your hands to yourself.

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Jeanne Pitt  
Title III Coordinator

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There's several reasons why your work now. For instance, there will be plenty of time to sit back, relax and enjoy your Thanksgiving break (you'll certainly have something to be thankful for!)

Remember last year when you didn't worry about the less-than-passing grades, figuring you were still "getting a feel" for the professor's arms? Well, let us tell you grades don't generally just magically rise because of midterm's over. It's time to get your rear in gear and study.

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ely, you will survive





## Dubuque Currents

On Oct. 25 at 8 p.m. turn down the wick in the kerosene lamp and prepare for the goosebumps and shrieks of an intimate visit to the den of one Edgar Allan Poe.

Theatrical brilliance and chilling mystery of Poe's own words live again in a superb impersonation by actor Steve Abolt in St. Joseph's Auditorium, Loras.

The honorable Marshall Wiley, former ambassador to Oman, will be among the lecturers at "The Contemporary Arab World," a workshop for elementary and secondary school teachers, to be held Saturday, Oct. 26, at the University of Dubuque.

The free one-day workshop offers substantive lectures and ideas for curriculum development on topics of current interest in the Middle East. Experts in the field will be on hand to share ideas and experiences.

The workshop will begin at 8:30 a.m. with registration and coffee.

To register for the workshop or for further information contact Office of International Studies, University of Dubuque, 589-3507.

## Drama Department holds auditions for second production

by John Kemp

The Clarke drama department will hold auditions for "The Diviners," the second production of the theater season, on Oct. 22, at 8 p.m. in Terence Donaghue Hall.

The play, winner of the American College Theater Festival Award, is the story of Buddy, a disturbed young man and his relationship with C.C. Showers, a disenchanted preacher.

The play is set in the post-depression years of the 1930's in a small mythical town in Indiana. "The character of Buddy almost drowned when he was a very young boy. Because of that incident, and the fact that his mother died, Buddy is deathly afraid of water," said director Timothy Porter.

When the ex-preacher comes to town, he is set on breaking away from a long line of preachers in his family. He is determined not to associate with the church, but the town doesn't have a preacher and the women want him to preach to them. They try to persuade him to preach, and he tries to persuade Buddy to wash himself.

Porter believes the character of Buddy is truly fascinating, because of his fear of water as well as the way in which he speaks about himself in the third person.

"Buddy is deathly afraid of any water, but strangely enough he carries around a diver's stick to detect water. Thus, the play gets its title," he said.

"The play is a portrait of confusion and every character in the play is confused," said Porter.

"The Diviners" will be presented on Nov. 21-24, at 8 p.m. in TDH.

# Fitness can be dangerous to your health

By Marie Parthun

We are bombarded daily by nutrition proclamations and conflicts about food and health. Parents, peers, papers and television all promote their versions of "the key" to good nutrition.

tons of fiber and end up spending half their lives in the bathroom instead of the great outdoors like they're supposed to as health freaks.

They eat dozens of anything that says granola. They insist on eating food that tastes terrible-carob, tahini

to any sort of normal eating. They are either drastically cutting down or pigging out.

Trying to eat three meals a day for them would be impossible. They never feel quite normal unless they are on some diet. Usually ones like The Grapefruit, Scarsdale or Eat All The Chocolate You Want And Be Thin diets, or they are "wickedly" breaking one.

Their metabolisms are freaking out from dieting and it would take them about a year of normal eating to get their bodies back to a metabolic balance.

### Processed People

Some people don't even care if and when they eat. When they do eat they choose processed food and just shove it in, not wondering what new chemical is festering in their stomach lining as a result (these people are usually into Antacids).

Junk is what they think is good because it's fast, here and on TV. They like instant mashed potatoes, hot dogs, bologna and Velveeta on white bread, tons of ketchup, coke, donuts and fries.

They hate stuff like raisins, vegetables, grapefruit, yogurt and anything else that seems like it might be suspiciously good for them.

You can easily pick Processed People out because they will eat only Cheese pizza with nothing else on it. Usually on the thin side, they are pale and sickly looking everyday.

### Lustos for Gusto

Lustos like everything. They love food of any kind, anywhere. They prefer stuff they can sink their teeth into like triple layer sandwiches, whole cakes, rows and rows of crackers and bean dip.

These people have a problem besides their obvious weight, and can usually benefit from trained help. Obesity is a sure road to premature aging, disease and death even

though by eating everything you can't hardly miss getting the proper nutrients.

### Too Thin — Too Bad

The Too Thin-Too Bad people are in the bathroom along with the Nutrition Junkies, but they are throwing up. This is because they are not satisfied with their bodies and have resorted to this bizarre pattern of eating and purging to keep it in check. They want to be too thin.

This is too bad because they are seriously harming themselves physically - usually irreparably. If you are in the binge/purge syndrome, or if you make yourself throw up at all, you need to ask yourself if you are happy with this behavior.

I've heard a lot of people say they would love to be anorexic and starve for days and weeks. Would you really want to have thick hair growth on your face and body, grey skin, constant preoccupation with food every second of the day and hair that is dull and falling out?

Just because there are many anorexics and bulimics does not make this behavior all right. These behaviors are bizarre and result in terrible psychological and physical afflictions that may result in death.

### Sweet Teeth

Sweet-teeth eat Suzy Q's, chocolate milk and M&M's for breakfast. They don't feel good unless they have had sugar within the last two hours.

Sugar addicts have a tough habit to break. But once they go through the sour withdrawal state, they become their natural sweet selves.

The Personal Growth Center has many pamphlets dealing with diet and nutrition. Stop by and look at them.

The Center is located in Room 118 MJH and is open from 11-5 Monday, Tuesday, and Thursday.

## Personal Growth



## Center



As a result, we become mixed up in the process, actually sacrificing health sometimes instead of achieving it. Why? Because we're too conscious of living up to what everyone thinks good health should be. Sometimes we just don't care about what we put in our bodies.

Do you recognize yourself in any of the following?

### Nutrition Junkie

They swallow any advice about nutrition and consequently swallow quarts of vitamins, raw eggs, soy burgers, bran (every 2 hrs.) and tofu (every 2nd day at 12:30). They eat

yogurt and roasted dandelions.

They think they are cool because they throw around their own little catch phrases like "Don't panic - go organic." Sometimes these junkies become healthy, but usually they become exhausted just keeping up with the "natural" pace. Or they go bankrupt buying natural jelly beans. Or they die from drinking unpasteurized milk.

### Diet Crazies

Crazy for diets. Losing and gaining pounds a year. Why can't they ever do it? Diet crazy people never give their bodies a chance to adjust



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<p>Starts Friday, Oct. 18 at 1:30, 4:15, 7:10 &amp; 9:35 The word of one woman did make a difference <b>MARIE</b> PG-13 MGM/UA Sissy Spacek</p>	<p>Starts at 1:25 4:05 7:05 &amp; 9:30 <b>Sweet Dreams</b> Jessica Lange - Ed Harris The Patsy Cline Story</p>
<p>Program starts at 1:15 4:00 6:55 &amp; 9:20 <b>REMO WILLIAMS</b> PG-13 The Adventure Begins... J.A. Preston Kate Mulgrew</p>	<p>Start at 1:05 3:10 5:20 7:20 &amp; 9:35 EVERY MONTH, WHENEVER THE MOON WAS FULL... IT CAME BACK. <b>SILVER BULLET</b> R A PARAMOUNT PICTURE Starts at 1:25 4:10 7:00 &amp; 9:30 A Murder, A Mystery <b>Jagged Edge</b> Glenn Close Jeff Bridges Peter Coyote</p>
<p>Starts at 1:20 3:20 5:15 7:20 &amp; 9:25 <b>SCHWARZENEGGER COMMANDO</b> R DOLBY STEREO MICHAEL J. FOX DAILY AT 1:25 4:05 7:00 &amp; 9:20 <b>BACK TO THE FUTURE</b> PG</p>	<p>Daily at 1:15, 3:25, 5:20, 7:20, 9:30 <b>Agnes of God</b> PG-13 Jane Fonda Anne Bancroft</p>

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A meeting was held Wednesday, Oct. 23, to discuss proposed revisions in general education at Clarke. S. Margaret O'Brien, academic dean, told students that the "area program" in the 1985-87 catalogue is currently under revision, resulting from the investigation of it by a task force two years ago. Under the present area program 15 credit hours of courses in specific areas are required, plus the basic 2000 writing course for a total of 45 hours. The 1983 task force has proposed changes, including a proposed 15 credit hours of exploratory courses and 18 hours of enrichment courses. However, it would be difficult to define each of these and decide which classes fit into these categories. Their proposal also in...  
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Clarke, there are three major...  
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